

Learn to Swim Programs with the City of Longmont

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 15 & 16 for Adult and Teen swim lessons). Below in the colored boxed are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.

Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-3, but further divides the skills to provide a learning environment better suited for preschoolers.

3-5 years old • Lessons are 30 min

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

Dolphin: Skill Improvement

Pre-requisite: Must be able to swim 5 body lengths on their front without stopping and be comfortable in deep water. Students will learn rotary breathing, front crawl and elementary backstroke.

Parent/Child:

Aquababy & Aquatot

6 months to 3 years old - classes are 30 min - Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

Aquababy

6 -18 months. Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

Aquatot

18 months – 3 ½ yrs. Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aqua Baby and work on independence in the water.

Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to add your name/number, pool, time & day preference to the private swim lesson waitlist.

Private Fee:

\$20 resident/ \$25 non-resident per 30 min

Semi-Priv. Fee:

\$30 resident /\$37.50 non-resident per 30 min (max. 3 students)

American Red Cross Learn-to-Swim; Updated for 2015!

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

6 years & up • Level 1 & 2 are 30 min • Levels 3-5 are 40 min

Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breast-stroke and back crawl.

Level 5: Stroke Refinement

Students will continue to work on stroke technique while increasing endurance, flip turns and surface dives. Successful completion is 50 yards front crawl and 50 yards elementary backstroke nonstop, and 50 yards combined breast-stroke and back crawl.

Water Explorers

2 ½ - 3 years old • Classes are 30 min

Water Explorers is designed as a transition class for children who want more independence than the Aqua Tot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions

Got Goggles?

Goggles are not recommended for Water Explorer, Turtle, Alligator and Level 1 classes. In order to learn proper breath control, goggles that cover the nose are not recommended.

BLAST! Accelerated Swim Lessons- Revamped for 2015!

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min

Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 ft. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 ft; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

Blast 3—Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 25 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.



Indoor Lessons at Centennial Pool

Monday Morning			
	Time	Ssn 1	Ssn 2**
	Date	9/14-10/26	11/2-12/14
	Fee	\$28/\$35	\$24/\$30
Water Explorers	10:15 AM	420014.1A	420014.2A
Turtle	9:40 AM	420021.1A	420021.2A
Alligator	9:05 AM	420022.1A	420022.2A
	11:25 AM	420022.1C	420022.2C
Seal	10:50 AM	420023.1A	420023.2A

** No class Nov 23, 25

Wednesday Morning			
	Time	Ssn 1	Ssn 2**
	Date	9/9-10/21	10/28-12/16
	Fee	\$28/\$35	\$28/\$35
Water Explorers	10:15 AM	420014.1B	420014.2B
Turtle	9:40 AM	420021.1B	420021.2B
Alligator	9:05 AM	420022.1B	420022.2B
	11:25 AM	420022.1D	420022.2D
Seal	10:50 AM	420023.1B	420023.2B

** No class Nov 23, 25

Swim lesson questions?

Call Centennial Pool
303-651-8406

Monday & Wednesday Evening					
Starts on Wed	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/9-9/30*	10/5-10/28	11/2-11/18	11/30-12/16
	Fee	\$28/\$35	\$32/\$40	\$24/\$30	\$24/\$30
Water Explorers	4:15 PM	420114.1A	420114.2A	420114.3A	420114.4A
Turtle	4:05 PM	420121.1A	420121.2A	420121.3A	420121.4A
	5:25 PM	420121.1B	420121.2B	420121.3B	420121.4B
Alligator	4:50 PM	420122.1A	420122.2A	420122.3A	420122.4A
	5:25 PM	420122.1B	420122.2B	420122.3B	420122.4B
Seal	6:00 PM	420123.1A	420123.2A	420123.3A	420123.4A
Dolphin	6:00 PM	420124.1A	420124.2A	420124.3A	420124.4A
Level 1	4:40 PM	420131.1A	420131.2A	420131.3A	420131.4A
Level 2	4:05 PM	420132.1A	420132.2A	420132.3A	420132.4A
Level 3	5:20 PM	420133.1A	420133.2A	420133.3A	420133.4A
Level 4	4:35 PM	420134.1A	420134.2A	420134.3A	420134.4A
Level 5	6:05 PM	420135.1A	420135.2A	420135.3A	420135.4A
	Fee	\$35/\$43.75	\$40/\$50	\$30/\$37.50	\$30/\$37.50
Beginning Blast	4:40 PM	420140.1A	420140.2A	420140.3A	420140.4A
	5:15 PM	420140.1B	420140.2B	420140.3B	420140.4B
Blast 1	4:20 PM	420141.1A	420141.2A	420141.3A	420141.4A
	6:00 PM	420141.1B	420141.2B	420141.3B	420141.4B
Blast 2	5:10 PM	420142.1A	420142.2A	420142.3A	420142.4A
Blast 3	6:00 PM	420143.1A	420143.2A	420143.3A	420143.4A



Saturday Morning			
	Time	Ssn 1	Ssn 2
	Date	9/12-10/24	11/7-12/19
	Fee	\$28/\$35	\$28/\$35
Aquababy	8:45 AM	420611.1A	420611.2A
Aquatot	9:20 AM	420612.1A	420612.2A
Water Explorers	11:05 AM	420614.1A	420614.2A
Turtle	9:20 AM	420621.1A	420621.2A
	9:55 AM	420621.1B	420621.2B
Alligator	8:45 AM	420622.1A	420622.2A
	9:55 AM	420622.1B	420622.2B
	10:30 AM	420622.1C	420622.2C
Seal	10:30 AM	420623.1A	420623.2A
Level 1	9:55 AM	420631.1A	420631.2A
Level 2	9:20 AM	420632.1A	420632.2A
Level 3	9:30 AM	420633.1A	420633.2A
Level 4	10:15 AM	420634.1A	420634.2A
Level 5	8:45 AM	420635.1A	420635.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beginning Blast	8:35 AM	420640.1A	420640.2A
Blast 1	9:35 AM	420641.1A	420641.2A
Blast 2	8:45 AM	420642.1A	420642.2A
Blast 3	10:25 AM	420643.1A	420643.2A

Sunday Afternoon			
	Time	Ssn 1	Ssn 2
	Date	9/13-10/25	11/1-12/13
	Fee	\$28/\$35	\$28/\$35
Aquababy	4:25 PM	420711.1A	420711.2A
Aquatot	2:30 PM	420712.1A	420712.2A
Water Explorers	3:20 PM	420714.1A	420714.2A
Turtle	3:55 PM	420721.1A	420721.2A
Alligator	2:45 PM	420722.1A	420722.2A
	4:30 PM	420722.1B	420722.2B
Seal	2:35 PM	420723.1A	420723.2A
Dolphin	3:55 PM	420724.1A	420724.2A
Level 1	4:40 PM	420731.1A	420731.2A
Level 2	3:50 PM	420732.1A	420732.2A
Level 3	3:05 PM	420733.1A	420733.2A
Level 4	3:35 PM	420734.1A	420734.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beginning Blast	3:20 PM	420740.1A	420740.2A
Blast 1	2:35 PM	420741.1A	420741.2A
Blast 2	3:25 PM	420742.1A	420742.2A
Blast 3	4:15 PM	420743.1A	420743.2A
Teen 1	4:20 PM	420751.1A	420751.2A

Did you know that to be a lifeguard, a person needs to have mastered the skills through Level 4?

Enroll your kids in lessons to prepare them for a job in the future!

Indoor Lessons at Longmont Recreation Center

Tuesday & Thursday Morning					
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/8-10/1	10/6-10/28	11/3-11/19	12/1-12/17
	Fee	\$32/\$40	\$32/\$40	\$24/\$30	\$24/\$30
Water Explorers	10:40 AM	410214.1A	410214.2A	410214.3A	410214.4A
Turtle	8:55 AM	410221.1A	410221.2A	410221.3A	410221.4A
	9:30 AM	410221.1B	410221.2B	410221.3B	410221.4B
Alligator	8:55 AM	410222.1A	410222.2A	410222.3A	410222.4A
	10:05 AM	410222.1B	410222.2B	410222.3B	410222.4B
Seal	9:30 AM	410223.1A	410223.2A	410223.3A	410223.4A
Dolphin	10:40 AM	410224.1A	410224.2A	410224.3A	410224.4A
	Fee	\$16/\$20	\$16/\$20	\$12/\$15	\$12/\$15
Aquababy- Tues	10:05 AM	410211.1A	410211.2A	410211.3A	410211.4A
Aquatot- Thur	10:05 AM	410212.1A	410212.2A	410212.3A	410212.4A

Wednesday Afternoon			
	Time	Ssn 1	Ssn 2**
	Date	9/9-10/21	10/28-12/16
	Fee	\$28/\$35	\$28/\$35
Turtle	12:00 PM	410421.1A	410421.2A
Alligator	12:35 PM	410422.1A	410422.2A
	1:10 PM	410422.1B	410422.2B
Seal	12:35 PM	410423.1A	410423.2A
	1:10 PM	410423.1B	410423.2B
Dolphin	1:45 PM	410424.1A	410424.2A

**No class 11/25

Tuesday Afternoon			
	Time	Ssn 1	Ssn 2**
	Date	9/8-10/20	10/27-12/15
	Fee	\$28/\$35	\$28/\$35
Water Explorers	4:00 PM	410314.1A	410314.2A
Turtle	4:00 PM	410321.1A	410321.2A
	4:35 PM	410321.1B	410321.2B
	5:10 PM	410321.1C	410321.2C
Alligator	4:00 PM	410322.1A	410322.2A
	4:35 PM	410322.1B	410322.2B
	5:10 PM	410322.1C	410322.2C
Seal	4:35 PM	410323.1A	410323.2A
	5:10 PM	410323.1B	410323.2B
Level 1	5:20 PM	410331.1A	410331.2A
Level 2	4:45 PM	410332.1A	410332.2A
Level 3	4:00 PM	410333.1A	410333.2A
Level 4	4:45 PM	410334.1A	410334.2A
Level 5	5:30PM	410337.1A	410337.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beginning Blast	4:00 PM	410340.1A	410340.2A
Blast 1	4:00 PM	410341.1A	410341.2A
Blast 2	4:50 PM	410342.1A	410342.2A
Blast 3	5:40 PM	410343.1A	410343.2A

**No Class 11/24

Thursday Afternoon			
	Time	Ssn 1	Ssn 2**
	Date	9/10-10/22	10/29-12/17
	Fee	\$28/\$35	\$28/\$35
Water Explorers	4:00 PM	410514.1A	410514.2A
Turtle	4:00 PM	410521.1A	410521.2A
	4:35 PM	410521.1B	410521.2B
	5:10 PM	410521.1C	410521.2C
Alligator	4:00 PM	410522.1A	410522.2A
	4:35 PM	410522.1B	410522.2B
	5:10 PM	410522.1C	410522.2C
Seal	4:35 PM	410523.1A	410523.2A
	5:10 PM	410523.1B	410523.2B
Level 1	5:20 PM	410531.1A	410531.2A
Level 2	4:45 PM	410532.1A	410532.2A
Level 3	4:00 PM	410533.1A	410533.2A
Level 4	4:45 PM	410534.1A	410534.2A
Level 5	5:30PM	410535.1A	410535.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beginning Blast	4:00 PM	410540.1A	410540.2A
Blast 1	4:00 PM	410541.1A	410541.2A
Blast 2	4:50 PM	410542.1A	410542.2A
Blast 3	5:40 PM	410543.1A	410543.2A

**No class 11/26

Sunday Morning			
	Time	Ssn 1	Ssn 2
	Date	9/13-10/25	11/1-12/13
	Fee	\$28/\$35	\$28/\$35
Aquababy	9:20 AM	410711.1A	410711.2A
Aquatot	9:55 AM	410712.1A	410712.2A
Water Explorers	8:30 AM	410714.1A	410714.2A
	10:15 AM	410714.1B	410714.2B
Turtle	8:30 AM	410721.1A	410721.2A
	9:05 AM	410721.1B	410721.2B
	10:15 AM	410721.1C	410721.2C
Alligator	8:30 AM	410722.1A	410722.2A
	9:05 AM	410722.1B	410722.2B
	9:40 AM	410722.1C	410722.2C
	10:15 AM	410722.1D	410722.2D
Seal	9:05 AM	410723.1A	410723.2A
	9:40 AM	410723.1B	410723.2B
Dolphin	9:40 AM	410724.1A	410724.2A
Level 1	8:30 AM	410731.1A	410731.2A
Level 2	9:05 AM	410732.1A	410732.2A
Level 3	9:40 AM	410733.1A	410733.2A
Level 4	9:05 AM	410734.1A	410734.2A
Level 5	9:50 AM	410735.1A	410735.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beg Blast	10:25 AM	410740.1A	410740.2A
Blast 1	9:20 AM	410741.1A	410741.2A
Blast 2	10:10 AM	410742.1A	410742.2A
Blast 3	8:30 AM	410743.1A	410743.2A
Teen 2	10:40 AM	410752.1A	410752.2A

Teen Learn-to-Swim Classes

Teen 1: Learning the Basics

Teen 1 is focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

Teen 2: Endurance and Stoke Enhancement

Teen 2 is focused on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

See page 16 for Adult Learn to Swim Classes.